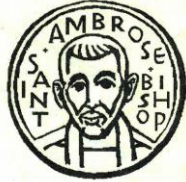


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The Ambrosian

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Editor
Yvonne Sidell

Reflections from the Rector

In biblical numerology, “40” means “change”. 40 days Jesus was in the wilderness; Noah on the Ark for 40 days; Israel wandered the desert for 40 years; we observe 40 days of Lent (minus Sundays); 40 days of Easter to the Ascension when Jesus returned to Heaven to send us the Holy Spirit. It obviously takes the Holy Spirit 10 days to pack, thus taking us to 50 days since Easter to Pentecost.

Do we really want to be changed? Personally, I've always found myself a bit resistant to change. If I were in the original apostles, when Jesus said he had to go to Heaven to send us the Holy Spirit, I probably would have said “No thanks. I don't know the Holy Spirit. I know and love YOU. I'd rather YOU stayed”. Imagine - knowing what we know now. Do we really want the Holy Spirit to be in us, guiding us, strengthening us, comforting us? Do we really want the Holy Spirit to put a blazing fire of faith and love in our hearts? Do we want to be changed and have our lives transformed, making even better what is already good?

Maybe I do. But how can this happen?

I once heard a story about a young Sioux Indian. This young man wanted to go on a vision quest to try for a dream that would give him the power to be a great medicine man. He had a very high opinion of himself, and he was sure that he had been created to become great among his tribe. All he needed was the credentials of a vision.

He went up on a high hilltop, built a sweat lodge to purify himself in the hot, white breath of the steam. He fasted; he cried; he humbled himself; and he asked for holiness. He begged for a sign from the Great Spirit, for a vision which would make him into a wise medicine man. He spent the first night in the sweat lodge ready to wrestle with the spirits for the vision and power he craved, but no dreams came to satisfy his ambition.

At dawn he heard a voice coming from no particular direction, saying: “Go away, young man! You disturbed us all night crying for a vision. You're not ready for a vision!” But the young man was determined to fight on. He would fight hard for that vision. The second night he did the same, but at dawn a boulder rolled down the mountain and crushed his sweat lodge. He barely made it out in time. “Go away!” the Spirit said, “Stop

Reflections from the Rector (cont)

disturbing us!" Yet, the ambitious young man persevered. Even though ver faint with hunger and thirst, he stayed a third night - which made the Great Spirit very angry. The young man knew he had suffered in vain.

Suddenly, a huge wind blew the boulder and it came right after the young man and chased him off the hilltop. When he got back to his village, the old chief laughed and told the young man his mistake: *"You went after your vision like a hunter after buffalo. You were fighting the Spirits. Suffering alone brings no vision, nor does courage, nor does sheer will-power. The Great Spirit comes as a free gift born of humility, of wisdom, and of patience."*

Sisters and brothers, we don't have to fight for the Holy Spirit. We have already been changed. The Holy Spirit is already in each of us and all around us. The Spirit never forces divinity on us, but only suggests and encourages us to become perfect. Perhaps if it was harder, we would want the Spirit more. It's up to each one of us to take what is freely offered and let the Great Spirit fill our hearts to the point of bursting. *Come Holy Spirit, come! Fill our hearts and we shall be re-created, changed; and you shall renew the face of the world!*

Announcements

Father Shane's Schedule

We have been working on setting a regular work schedule for Father Shane so that we can all know when it is best to contact him, and also so that he can have some routines (which include day off, Sabbath and study day).

It seems that the best days to have off are Friday and Saturday. From Monday through Thursday, he will be working at the office or from home. While we all know he is available to us when necessary, it would be best to keep communication to emergencies during his days off. Thank you!

Intercession Prayers

The apostle James tells us to "pray for one another, that you may be healed" (James 5:16).

If you would like the St. Ambrose community to pray with you, please write your intercession in the Blessing book placed in the Narthex or send your request to stambrosefc@att.net. Your prayer will be included at the following mass service. Please leave your name and contact information in the booklet, in case clarifications are needed.

Thank you!
Raphaele Gerber

St. Ambrose Choir

The choir will resume rehearsals on Thursdays at 7:30 p.m. We will be masked and correctly distanced, and would be happy for anyone who wishes to join us. If you wish to join us, please let Maureen Fromme know so she can prepare a folder for you. You may contact her at mhfromme@yahoo.com OR 415.990.6758.

Sunday School Outdoor Classes

Pre-K - K5 Sunday school is back to in-person! Outdoor classes (courtyard) will be held on the 1st and 3rd Sunday of each month. Spread the word! We can't wait to see BIG smiles in the courtyard, share the good news of Jesus, and have fun altogether!

Thank you!
Teacher Raphaela and Teacher Fe

Contemplative Meditation Group

St. Ambrose has a wonderful "Contemplative Meditation" group who meet each week on Hump Days. That's right! After the first two hectic days of the week, it's just time for a much needed 30+ minute break.

Beginning with his monastic early life, Father Shane has a lifetime of meditation. From this wealth of experience and knowledge, Father Shane draws inspiration from various forms of contemplation as well as meditation.

Of course, we all know that schedules can get in the way of participating...even on Zoom. We have been recording some of the sessions and are making them available for your practice on your own time. How about that?!

Please email me at hfongster@gmail.com if you have any questions or would like to request access for the recordings...maybe even the Zoom link to join us.

Thank you!
Hamilton Fong

Free Notary for St. Ambrose

As a seasoned California Notary Public, Yvonne Sidell always offers free notary services for St. Ambrose parishioners. If you need a document notarized, please text or leave a voicemail for Yvonne at 925-808-8801.

Thank you!

Vestry Report – by Michael Lord

I hope you are all doing well. It's Spring and there is a lot going on at St. Ambrose.

Our new Rector (the Rev. Jason Lucas-Green) is going to be visiting the area in June to search for a home in the area. He is relocating to the Bay Area from his home in Minnesota and it will be a pretty difficult process to move. He will be flying out to check out homes with a Bay Area realtor. We wish him all the best in his home search.

The other thing that comes to mind is the fun that is happening in the Foster City community in August for the Summer Days festival. This year, the event will be held from August 19 through the 21. Steve Yuen will be forming a committee to do the planning for the event. We need to figure out what we will be doing in the booth. What should we say to people who come to the booth? It's an opportunity to meet the Foster City community where they like to meet. Does anyone want to volunteer to help with the planning?

Thanks for your attendance on Sunday and I'm looking forward to hosting the coffee hour on the first weekend of June.

Respectfully Yours,

St. Ambrose Vestry

Youth Ministry and Youth Group News – by Daniel Tate

Please stay tuned next month for Youth Ministry and Youth Group News!

Respectfully Yours,

Daniel Tate

Hymn for June – by Maureen Fromme

“Holy Ghost, Dispel Our Sadness” – Hymn 515

June 5 is Pentecost Sunday. One verse that speaks of Pentecost is John 14:26 (NIV):

“But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.”

The HYMNBOOK 1982 has a section with the word, 'Pentecost' as its heading (pp. 223-230). Additional hymns that are related to Pentecost are found in the section, “The Holy Spirit” (pp. 500-516). For this month of Pentecost, I have selected Hymn 515: “Holy Ghost, Dispel Our Sadness”, with music composed by George Henry Day (1883-1966) and the words by Paul Gerhardt (1607-1676). *(It is rather obvious that the two never met.)*

Mr. Day was an American who was a choirboy, and later, a choir master. At one point, he served as an auditor for the Gorham Silver Company. He later received a degree in music, going on to serve as an organist at churches in New York, Ohio and Delaware. The hymntune 'Geneva' refers to Geneva, New York, where he composed the music. The words were written by the German minister and theologian, Paul Gerhardt. He wrote the texts to several hymns, including four which are in our hymnal.

As you listen to the music, you will notice that the first half of the hymn is in a minor key, and the last half in a major key, with the words reflecting the music: *Sadness to Joy; praying for the Author to dwell in our hearts, then Looking forward to His grace.*

I hope that you will enjoy this hymn as you listen to it and, hopefully, sing along with the video. May His Spirit light our path, shine through us and bring us comfort and peace.

<https://youtu.be/6fWgeWBXmZ0>

Respectfully Yours,

Maureen Fromme

June Outreach Report – by Steve Yuen

Foster City Summer Days

Foster City will host its annual fair, Summer Days (<https://www.fcsummerdays.com>) from August 19 to August 21, 2022.

St. Ambrose will set up a booth to tell our story to the community and answer questions about St. Ambrose and Sea Breeze School. *(Pictured is the booth we had at the Arts and Wine Festival in 2012.)*

Summer Days will have entertainment, carnival rides, food and beverage vendors, crafts, and community booths for non-profit organizations and local businesses.



For old-timers who remember the Arts and Wine Festival in the 1980s, there will even be a Rubber Ducky race on the lagoon.

If you would like to participate in planning the event, help staff the booth for a two-hour shift, or have any questions, please contact Michael Lord (miclord58@yahoo.com) or Steve Yuen (stevebyuen@aol.com).

Sandwiches on Sunday

On May 29, we served brown bag lunches to all comers at the Fair Oaks Community Center in Redwood City (we will have a report in the July Ambrosian). If you have any questions, please contact Steve Yuen (stevebyuen@aol.com).

Have a wonderful summer!

Sea Breeze School News – by Jerelyn Weber, Principal

As another school year comes to an end, I am reminded that time goes quickly and life does not slow down. This year has been one of many challenges and many successes at Sea Breeze, and I am thankful for all that we have experienced and learned.

We started the year with masks, social distancing (which is always fun with small children), valet pick-up and temperature-taking of everyone that came on campus. As we end the year, much of this is thankfully behind us. Valet pick-up has ended, and families are now allowed on campus to pick their children up each afternoon. Temperature-taking has gone away, and social distancing is much easier to handle. As we look back, we actually wonder how we did what we did, and we are thankful for the support of our Families and all of you.

As we look forward to Summer Camp and the 2022-23 School Year, we have hope and faith. Summer Camp is heavily enrolled, and Fall is continuing to fill up. We do have a few open spots left in all age groups for next school year and we get calls every day regarding enrollment opportunities.

This summer we will host camp from June 20-August 12. Along with many fun activities, we will have visits from a Pirate, the Circus, a Mermaid and so many other fun people. Summer is always such a relaxed and fun time for all, especially the teachers. Feel free to stop by and see what is going on and feel free to join in on the fun.

I hope you all have a safe, fun and healthy summer!

Respectfully Yours,

Jerelyn Weber

The Editor's Corner – by Yvonne Sidell



“I have been crucified with Christ, and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me. –Galatians 2:20

Your life is not your own; you were bought with a price – the high price and sacrifice of Jesus on the cross at Calvary. Although you may look the same and even have the same personality and mannerisms, on the inside, you become a new person when Jesus Christ enters your life. You become a representative of the Lord wherever you go.

A little poem has always helped me understand that my life in Christ is a daily gospel to the world. I am saying, as the Apostle Paul said, “I have been crucified with Christ, and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loves me and gave himself for me.”

The poem reads:

*You are writing a gospel,
A chapter each day,
By deeds that you do,
By words that you say.
We all read what you write,
Whether faithless or true,
Say, what is the gospel according to you?*

June Birthdays & Anniversaries

Birthdays

Reuben Ajit Philip	5
Michael Lord	5
Sal Censoprano	6
Janet Gardiner	8
Ryan Nagar	8
Michael Radovancevich	9
Barbara Saunders	14
Belinda Yuen	25
Fe Balamiento	27
Jon Stephens	27
Michele Kimmins	28
Poppy Bradford	30
Don Gundry	30



**Happy
Anniversary**

Dulce and Michael Lord	5
Kirk and Jessica Morales	5
Carolyn and Hugo Franco	7
Hani and Gwen Juha	7
Carolyn and David Moriart	14
Michelle and James Kimmins	23
Olivia and Wilfredo Nagar	27